Hearty Green Lentil Soup with Vegetables

Looking for something that is healthy, hearty and satisfying? Try this lentil soup with vegetables!

Ingredients:

1 small (80 g) onion, chopped

3-5 cloves (15 g) garlic, chopped fine

1 stalk (40 g) celery, chopped

1 small (80g) carrot, chopped

½ small (40g) red pepper, chopped

½ small (40g) green pepper, chopped

10 (60 g) green beans, sliced

1 small (80 g) zucchini, chopped

8 cups (2 litres) vegetable stock

1¾ cups (375 g) green lentils, rinsed and soaked for 1 hour

½ tsp (2½ g) cumin, ground

2 bay leaves

1 tbsp (15 ml) paprika

1 tsp (5 ml) thyme

½ tsp (2.5 ml) cayenne pepper

1 tsp (5 ml) salt

½ tsp (2.5 ml) black pepper

5 (600 g) plum tomato, chopped

1 medium (150 g) potato, chopped

1 bunch (150 g) spinach leaves, chopped

Directions:

1. Combine all of the vegetables, except the tomatoes, potatoes and spinach in the multi cooker pan. Place the pan in the multi cooker, close the lid and select the Steam setting.

2. Once you hear the beep, press Stop, open the lid, and place the remaining ingredients in the pan, combine, close the lid and select the Soup setting, adjust the timer to 1.5 hours, and press Start.